

♥ **Is it okay to let my best friend's baby sleep on my waterbed?**

Waterbeds are not safe for babies because they are too soft. Never leave a baby alone or let them sleep on:

- ♥ Waterbeds
- ♥ Adult or kids' beds
- ♥ Couches or sofas

♥ **Will sleeping on his back cause my grandson to choke if he spits up?**

- ♥ No. Many studies now tell us that putting a baby to sleep on his back will not make him choke if he spits up. You may remember a time when health experts told us only to put babies to sleep on their tummies. That has changed. Now doctors and nurses say healthy babies should sleep on their backs!

♥ **Is my baby's crib safe?**

Your baby's crib is safe if:

- ♥ It is in good repair
- ♥ The slats are so close together that you can't fit the top of a soda pop can between the slats
- ♥ There is no soft stuff -- pillows, stuffed toys, balloons, etc. -- in the crib
- ♥ The mattress is firm
- ♥ You can't fit more than 2 fingers between the mattress and the crib sides

♥ **What else do I need to know about keeping my baby safe?**

Look inside to find out!



Check out our website!

www.health.utah.gov/CASH

For more information about keeping baby safe during sleep, or to order this free pamphlet, call the Utah Department of Health at (801) 538-9459

Utah Department of Health
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Keep your baby safe during sleep!



- ♥ Is it okay to let my best friend's baby sleep on my waterbed?
- ♥ Will sleeping on his back cause my grandson to choke if he spits up?
- ♥ Is my baby's crib safe?
- ♥ What else do I need to know about keeping my baby safe?

Look inside for answers to these questions!

Babies are not always safe while sleeping. In fact, sometimes babies get hurt or even die while they are asleep. We know that you count on being worry-free while baby is sleeping, so that you can sleep too! Follow these simple tips to help keep baby safe during sleep.



Quick Tests

Use this to see if your baby sleeps in a safe place:

- ☒ See if the slats of the crib are close enough together by trying to fit the top of a soda pop can through the bars. If the can won't fit, the crib passes the test!
- ☒ See if the mattress fits the crib snugly! If only 2 fingers will fit between the sides of the crib and the mattress, the crib passes the test!
- ☒ Check the temperature in the room. If the thermostat is set around 70 degrees, it passes the test!

Read on to learn more!

Baby on Back

Place a healthy baby on his back to reduce the risk of SIDS (Sudden Infant Death Syndrome). Let baby play on tummy when awake and being watched; this helps baby learn to crawl!

Don't let baby get too hot:

- ♥ Keep the temperature about 70 degrees
- ♥ Baby only needs one thin blanket

Make baby's crib safe:

- ♥ The slats should be no more than 2 3/4 inches apart
- ♥ The mattress should snugly fit the crib
- ♥ Don't leave baby on a waterbed, couch, sofa, pillow, cushion, adult bed, or youth bed



Can you see baby's cute face?

To keep baby's face from getting covered up by a blanket, either:

- ♥ Zip baby into a sleeper instead of a blanket; or
- ♥ Place baby at the bottom of the crib and tuck just one blanket around baby and his mattress

Keep this stuff away from baby!

- ♥ Cords, strings, or wires, like those found on drapes, blinds, toys, vacuum cleaners, and laundry bags
- ♥ Plastic bags or wraps - Throw plastic bags, like dry cleaning bags, away

Hard or Soft?

Baby needs to sleep on a firm surface. Do not put any soft items in the crib with baby. Soft things make it hard for baby to breathe. Keep these and other soft things away from baby while he is sleeping:



- ♥ Stuffed animals
- ♥ Pillows
- ♥ Comforters/Blankets
- ♥ Balloons
- ♥ Cushions
- ♥ Sheepskins

If you sleep with baby:



Don't use medicine, alcohol, or drugs that make it hard to wake up



Don't share your bed with baby if you smoke. Babies who breathe tobacco smoke are more likely to get sick or even die of SIDS

- ♥ Remove soft items from your bed like comforters, pillows, quilts and blankets
- ♥ Make sure there are no cracks the baby can wiggle into -- for example -- between the wall and the bed
- ♥ Instead of sleeping with baby, put baby's crib next to your bed. That way, baby is close and you get to keep your pillow!

